



Yoga Concepts for Global Application

Understanding the Science, Philosophy and Practical Application of Yoga

Course Overview

A systematic understanding of Yoga from both traditional and contemporary perspectives. This certificate course explores the philosophical foundations, scientific principles, and practical applications of Yoga — the roots of yoga, mechanisms of practice, breathwork, meditation, and holistic application in life — drawing on key concepts from Patanjali's Yoga Sutras.

Who Should Attend

- Anyone interested in authentic yoga philosophy and application
- Yoga teachers, therapists, and practitioners preparing for the CYAI Patanjali Fundamentals Certification

Principal Faculty

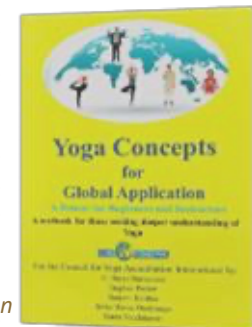
C. Rajan Narayanan, PhD, AYTh (former C-IAYT) — Executive Director, Life in Yoga Institute · Secretary, Board of CYAI. A spiritual guide and trainer of yoga teachers and therapists, conducting training events since 1998.

Topics Covered

- What is Yoga? Roots, mechanism and application
- Yoga Sutras of Patanjali in a nutshell
- Anatomy, Physiology & Power of Breath -Part I & II
- Hatha Yoga
- Meditation & lifestyle practices
- Tantra and higher realization
- Preparing to be an instructor

Required Textbook

Yoga Concepts for Global Application — the official course textbook (available on [Amazon.com](https://www.amazon.com) and [NotionPress Publication India](https://www.notionpress.com)).



*CYAI Patanjali Fundamentals Certification
Exam: 19–20 December 2026 (optional)*



[Register here](https://www.cyai.org/courses.html) — scan the QR code →
Or [visit cyai.org/courses.html](https://www.cyai.org/courses.html)

8 live online zoom sessions · 16 hours

9:00 – 10:30 AM (US Eastern Standard Time)

7:30 – 9:00 PM (Indian Standard Time)

#	Session Dates and Topic
1	21 Nov · What is Yoga?
2	22 Nov · Yoga Sutras in a Nutshell
3	28 Nov · Anatomy, Physiology and Power of Breath Part-1
4	29 Nov · Power of Breath Part-2
5	5 Dec · Hatha Yoga
6	6 Dec · Meditation & Lifestyle
7	12 Dec · Tantra & Higher Realization
8	13 Dec · Preparing to be an Instructor

Course Fee (USD)

CYAI Members	Non-Members
\$119	\$144

**Refunds available up to 15 days before start day; \$10 processing fee deducted.*

Refer a friend — 25% off for them, 25% back for you!

For further information, drop an email:

International : cyaiorg@gmail.com India : vedasamskriti.yoga@gmail.com